# 2022 Be Transformed 30 Day Gratitude Challenge

Join Author & Speaker, Carmela E. Head, in the month of November 2022 for the Be Transformed 30 Day Gratitude Challenge!

www.transformational-moment.com



Welcome to the 2022 Be Transformed 30 Day Gratitude Challenge!

Can you meet the challenge? Here we are again! We are now in the month of November! Commit to writing down one word every day on the calendar or journal each day during the month of November to reflect your thoughts about gratitude. Print additional copies of the journal pages to make your entries. It's been said that expressing gratitude helps us in so many ways, especially positivity in our lives. What better month to honor thankfulness and gratitude! Join me in the month of November for the 2022 Be Transformed 30 Day Gratitude Challenge and let's see how transforming a little thankfulness can be. May you be empowered and inspired!

Carmela E. Head, Author & Speaker





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### Be Transformed 30 Day Gratitude Challenge!

November 2022

By Author Carmela E. Head

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	30	4	5
WEEK 1 6	7	8	9	10	11	12
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WEEK 2 13	14	15	16	17	<del>1</del> 8	19
World Kindness Day						
WEEK 3 20	21	22	23	24	25	26
				Thanksgiving		::
WEEK 4 27	28	29	30			

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WEEK 3 20		22	23	24	25	26
				Thanksgiving		
WEEK 4 27	28	29	30			

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WEEK 4 27	28	29	30			

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# CRAFT/DESIGN

YOUR UNIQUE



## **GRATITUDE**

## JOURNAL KEEPSAKE

Create a keepsake of gratitude for yourself.

Download your free November Gratitude
Calendar and journal pages at the top of this
page. Print off your pages. Place them in a
binder of your liking. Add inspirational pages
and page dividers. Enjoy!

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